

Vocational Education and Training

INFOPACK

Rzeszów, Poland



For more information:
www.goipro.org

WHO ARE WE?

INPRO is an international association, established in 2014 in Rzeszów, the capital city of Podkarpackie region of Poland. It was funded by a group of international friends whose paths crossed during the implementation of shared initiatives.

Our mission is to make people believe that international initiatives bring added value and progress to the development of a community.



Every year, we host between 65-80 European volunteers as well as organize international mobility programs for 350-500 youth and youth workers. We are specialized in youth exchanges, training courses, vocational traineeship projects, and short and long-term volunteering within the European Solidarity Corps programme.

RZESZÓW? WHERE IS IT?

Rzeszów is the largest city in southeastern Poland, with a population of 198,608 by 2021. It is located on both sides of the Wisłok in the heartland of the Sandomierska Valley. The city, which was granted a town charter in 1354, has been the capital of the Podkarpackie Voivodeship since 1999, and is also the seat of Rzeszów County.



Even if it is the biggest city in southeastern Poland, Rzeszów is a small, charming city. "Walking" will be your closest friend while exploring the city from one point to another.



PROGRAM

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Morning	Arrival	Welcome & Getting to know each other	Getting to know the workplace	Workplace	Workplace	Workplace	Cultural visit - Łańcut Castle
13.00 - 15.00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon		City Tour	Cultural Visit - Rzeszow cellar	Open Cafe social event	Workplace	Workplace	Cultural visit - Łańcut Castle
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Morning	Free day	Workplace	Workplace	Workplace	Workplace	Workplace	Departure
13.00 - 15.00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
Afternoon	Free day	Workplace	Workplace	Open Cafe social event	Workplace	Evaluation & Goodbyes	

JOB DESCRIPTION

You will work and live in the same building. Your workplace is a spacious room with free internet access.

You are going to have 2 weeks of interactive learning process filled up with a unique game, which will allow you to work in small teams and run your company together! You are going to learn how to make accurate business decisions by managing your virtual companies. From creating jobs, hiring employees, setting remunerations, buying equipment, to investing in traditional and online advertising, and setting prices. You will learn how to manage your virtual budget, analyze cash flow and follow your accountancy books.

All of that is thanks to the REVAS business simulation game (<https://revas.pl/>). This is a tool designed to teach how to run a business and for the introduction to entrepreneurship classes. We will help you to learn how to play the game step by step. And how to make your company the best on the market!



CULTURAL VISITS

Rzeszów's Cellars

Rzeszowskie Piwnice is an underground tourist route in Rzeszów, which is a complex of the former city cellars from 14-19th century, and it's located just under the Old Town Market Square. The underground route is 396 meters long and includes historical and educational exhibition.



Łańcut Castle

Łańcut castle is a complex of historical buildings located in Łańcut, Poland. Historically the residence of the Pilecki, Lubomirski and Potocki families, the complex includes a number of buildings and is surrounded by a park.



EXTRA ACTIVITIES

OPEN CAFE

Every Wednesday at 6PM we organize a social event called Open Café. It is hosted in the English language and it is open to everyone! You can meet there people from all over the world who now live in Rzeszów. Join us, make new friends and talk to young people among locals!



LANGUAGE CLUB

Every day after work you are welcome to hang out with our INPRO international volunteers! They prepare for you interactive games and workshops. Practice your English while having fun!



ACCOMMODATION

Our hostel is located on the second floor of the eastern wing of the Main Railway Station in Rzeszów (Rzeszów Główny). Our floor includes the hostel with guest rooms, bathrooms, a kitchen, and the office with a training room and individual offices. Participants will be accommodated in rooms of 3-4 people of the same gender. Our hostel is an educational and social space. There is a cleaning service provided. However, our guests are also responsible for keeping their rooms tidy and cleaning common areas, like the kitchen, after using it.

Check our hostel here: <https://www.goinpro.org/en/hostel-2/>

Our venue has a central location surrounded by various types of stores, restaurants, bus stations and shopping malls.



FOOD & POCKET MONEY



- Each participant will receive:
- 35 PLN per day for breakfasts and dinners to prepare their own meals.
 - Two-course lunch at a restaurant, everyday.
 - Bus card for public transportation.

Lunch Place Location

Lunch is served in a restaurant which is in 4 minutes walking distance from the hostel. All you need is to get there.

CURRENCY

The domestic currency is PLN (Polish Zloty), which is about 4.71 to 1 Euro. In Poland, most places will accept Visa and Master Card debit and credit card. You can also withdraw cash from ATMs all over Poland, but please check with your bank to confirm if you are able to do that. Exchanges can be done during day in places called "KANTOR". Their rates are generally good, but once in Rzeszów we will let you know which one is offering the best rates.

WEATHER

The weather in Rzeszów, Podkarpackie region and in Poland in general can be cold during this period, with average temperatures around 0°C. There are also chances of rain. So, make sure to bring with you clothes and shoes for this weather.

ELECTRICITY

Single-phase voltage 230 V, frequency 50 Hz. Plugs and sockets are according to type C and E. Details here:

<http://www.worldstandards.eu/electricity/plug-voltage-bycountry/>

PHONE AND INTERNET

There is a free, unlimited Wi-fi available in the hostel and in the office.



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FIND US ON SOCIAL MEDIA

Website

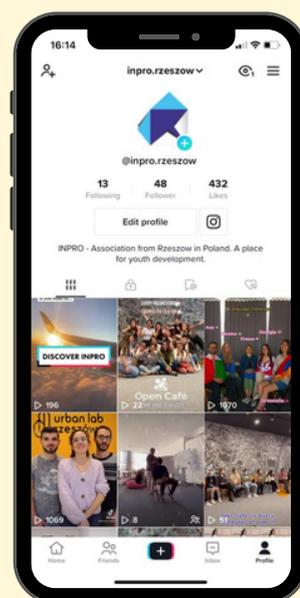
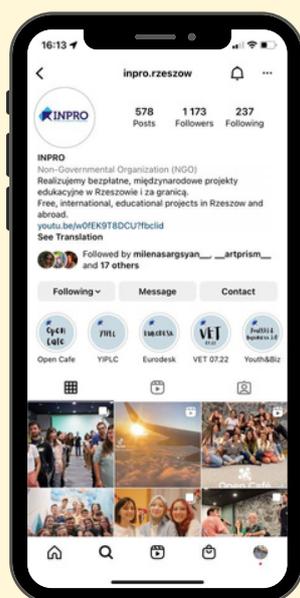
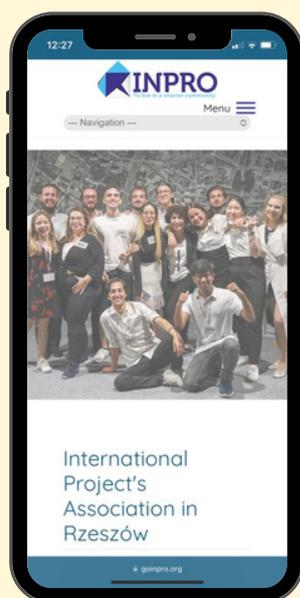
<https://www.goinpro.org/en/>

Instagram

<https://www.instagram.com/inpro.rzeszow/>

TikTok

<https://www.tiktok.com/@inpro.rzeszow>



CONTACT US

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